



HERITAGE

OCTOBER

Robert Frost – 1974 – 1963

Oh hushed October morning mild,
Thy leaves have ripened to the fall;
To-morrow's wind. If it be wild,
Should waste them all.
The crows above the forest call;
To-morrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow,
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know;
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away
Retard the sun with gentle mist;
Enchant the land with amethyst.
Slow, slow!
For the grasps' sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost'
For the grapes' sake along the wall.

Welcome to the amazing month of October. I absolutely love this season. The taste of fresh crisp apples and the wonderful aroma of Pumpkins & spice! The soft and comfy feeling of sleeping with a blanket again is great. We will be travelling to the Deerfield and Topsfield fair this month. Take a look inside this newsletter for dates and times.

Inside

- 2 Contacts
- 3 Day & Overnight Trips
- 6 Doctor's, Nurse's & More!
- 10 Calendar Events
- 12 Lunch Menu
- 14 Puzzles and more

The Annual Harvest Ball tickets are also available for \$15.00. The Rotary Club will be sponsoring this even at Lenzi's on Tuesday, October 13th. A dance contest will be held again this year. Please see Linda Hin in Civic Events for tickets @ (978) 674-1169.

I would like to say **WELCOME** to the following new staff members: **Linda Hin** our new Civic Events Director. Her hours will be 9-4pm Monday-Friday (978) 674-1169 & **Eileen Golden** our new Volunteer Coordinator. Her hours will be Monday, Tuesday & Thursday's from 8am-1pm (978) 674-1166. The senior center wants to thank the amazing volunteers, **Carol Lannan & Sandy Breene** in the Civic Events Office. They helped us get through this busy summer. Thanks ladies.

The \$5 tickets will now be sold in the 2nd floor Civic Events Office. **I want to thank Tara Donnelly** for all the hard work she has done selling these tickets in the past. Thanks, Tara.

I would also like to welcome to our new Volunteer Coordinator **Eileen**

Did you know that **FREE Smoke Alarms** are available through the local **RED CROSS**? The eligibility requirements are: Owner occupied home, home built before 1975, current smoke alarms are 10 years old or older, or non existent. Please **call 1-800-564-1234** and then **press 1** to listen to other options. Choose smoke detectors and leave a message with your name and telephone number. They will return the call to set up an appointment with you.

Don't forget to move your clocks back on Sunday, November 1st.

Medicare open enrollment is October 15-December 7, 2015

You will be able to change your plan for the following year. If you need assistance understanding upcoming changes and your options; a **trained SHINE counselor is on site every Monday from 8am-12pm.** SHINE counselor Joan Gong is in the 2nd floor Nurses station. This is a **walk-in service.** **First come first served. Have an amazing fall season! Let the leaves fall as they may.**

Michelle Ramalho

CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

\*\*\*\*\*

Corey A. Belanger

Edward J. Kennedy Jr.

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**Eric Lamarche  
978-674-1595

ELamarche@lowellma.gov

**Head Clerk**Carmen Felix  
978-674-1596

CFelix@lowellma.gov

**Head Clerk**Nancy McGuire  
978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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Receptionist: Tara Donnelly
978-674-1171 ~ tdonnelly@lowellma.gov

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**Civic Events:** Linda Hin  
978-674-1169 ~ Lhin@lowellma.gov**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov  
978-674-1169 ~ Carol Lannan

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Outreach Caseworker: Amy Medina Leal
978-674-1167 ~ aleal@lowellma.gov

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**Volunteer Coordinator:** Eileen Golden  
978-674-1173 ~ egolden@lowellma.com  
Monday, Tues. & Thurs. 8 am to 1 pm

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Outreach Volunteers:John R. Lawlor ~ 978-674-1174 ~ Jlawlor@lowellma.gov
Monday-Friday ~ Appt.. Hrs. 10 am - 3:40 pm
Carol Violette ~ 978-674-1168 ~ cviolette@lowellma.gov**Tuesday—Friday 10 am—2 pm ~ PICTURE IDs**

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**Kitchen Staff—978-970-4132**Virginia Valdez & Karl Correa ~ weekdays  
Chuck Kuenzler ~ weekends

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S H I N E (Serving Health Insurance Needs for Elders)

Joan Gong ~ 978-674-1172

First come, First served, Mondays — 8:30 to 10:30 am

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**Legal Services Assistance & Referrals**

For an appointment call: 978-458-1465

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Pollard Library 978-674-8634**COA Library Annex 978-970-4186**

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**Lowell Senior Center Hours of Operation:**Monday—Friday: Open **6:30** am to **4:00** pm  
Lunch served at 11:30 amSaturday—Sunday: Open **7:00** am until **12** noon  
Breakfast and Lunch ONLY**COUNCIL ON AGING****BOARD OF DIRECTORS**

Joan Bedford

Joyce Dastou

Andrew Hostetler

Eric Lamarche

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

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**Next meeting: Tuesday,
October 13th at 9:00am****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Rita M. Mercier

VICE PRESIDENT

Dr. Joseph M. Downes Jr.

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1172

**Next meeting  
October 30th @ 9:30 am**

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! All Trips must be paid in full one month prior to travel date. LCOA policy: NO REFUNDS if you do not purchase insurance. **The office is now open from 9 a.m. to 4 p.m.** Trip flyers available outside of 2nd floor office. Roger's Wednesday trips depart from the Ayotte Garage (no charge) unless noted otherwise.

## DAY TRIPS

**October 9, Friday ... Hobo Railroad & Hart's Turkey Farm. Costs \$65.00.**

**October 7, Wednesday ... Newport playhouse & Cabaret "Odd Couple."** Surf & Turf. The guys assemble for cards in the apartment of divorced Oscar Madison. Late to arrive is Felix Unger who has just been separated from his wife. Depressed, Felix seems suicidal, but it soon becomes clear that Oscar is the one with murder on his mind when the clean-freak and the slob decides to room together. Cost \$65. Roger's Bus Departs @ 9:15 from the George Ayotte Garage

**October 21, Wednesday ... Italian Festival @ Danversport Yacht Club.** Featuring: Frank Zarba & Ray Cavilcchio singing the music of Italy into our hearts. Meal choice: Chicken Parmesan Served on Penne Pasta or Baked Scrod. Cost \$65. Roger's Bus @ The George Ayotte Garage @ 9:15

**November 12, Thursday ... Barbara & Frank @ The Venus De Milo.** A sensational tribute to Sinatra and Streisand Meal choice: Stuffed Breast of Chicken or Baked Scrod. Cost \$70. Roger's Bus Departs @ 9:15 am.

**November 17, Tuesday ... Foxwoods Resort and Casino** Departure Time: 7:30 am from Ayotte Garage. Cost \$35 pp. Trip includes 1 FREE buffet and \$10.00 for slot play.

**December 1, Tuesday ... A Christmas Carol @ Demetri's.** This new adaptation of Dickens' ever popular classic fills the stage with veteran Broadway actors, lush costumes, stunning sets, music, dance, and a timeless message. With beloved traditional carols of the season included, A Christmas Carol is an enchanting way to begin the holiday festivities. Cost \$70. Departs @ 9:15 am.

**December 3, Thursday ... Foxwoods Resort and Casino (TWO TICKET OPTIONS BELOW)** Departure Time: 7:30 am from Ayotte Garage. Cost \$35 pp. Trip includes 1 FREE buffet and \$10.00 for slot play OR go see the Grammy award winning artist Lee Greenwood bringing his "Tennessee Christmas tour" to put you in the holiday spirit at The Fox Theater for \$99 which also includes the transportation, 1 Free buffet and \$10.00 slot play.

## OVERNIGHT TRIPS

**October 8-10, Thursday—Saturday ... Break for Moose** in the Mountains of Maine during the peak of Fall Foliage season. Stay at the Grand Summit Resort at Sunday River. Visit Maine's oldest & largest agricultural fair: the Fryeburg Fair. Enjoy a moose safari. Gondola ride to the top of North Peak. Enjoy the heated outdoor swimming pool and Jacuzzi. View the Artist Bridge. Enjoy 4 meals: 2 breakfast buffets & 2 plated dinners. A \$50 deposit per person confirms reservation. Final payment due August 27. payment in full due if using credit card. Trip protection is available. Cost \$419 per person double occupancy or \$519 single occupancy. Depart George Ayotte garage. See flyer for more info!

**October 28—November 4, Wednesday—Wednesday ... Irish Splendor** featuring Dublin, Blarney Castle/Stone, Killarney, Cliffs of Moher, and Dromoland Castle. 8 days, 10 meals (6 breakfasts, 4 dinners). Incls: round trip air from Logan Intl Airport, taxes, fees, surcharges, hotel transfers, St. Patrick's Cathedral, Guinness Storehouse, beautiful landscapes, Whiskey Distillery. Cost \$3,149 per person dbl, \$3,549 sgl, \$3,119 tpl. Book by April 28, 2015 and save \$250 per person. **Passport required.**

**December 9-11, Wednesday—Friday ... The Christmas Show at the White Mountain Hotel.** The 3-day getaway to North Conway, NH includes: Yuletide Welcome Reception; 2 nights deluxe ac-

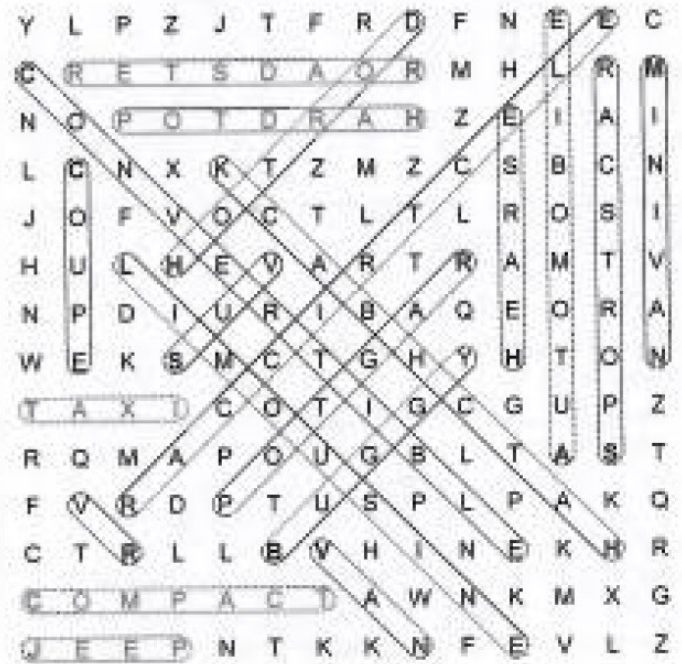
commodations at the White Mountains Hotel & Resort; 5 meals (2 breakfasts, 1 luncheon, & 2 dinners); a guided sight-seeing tour of the Mt. Washington Valley; 3 different Christmas Shows; shopping in the tax-free outlets & specialty shops; special cocktail prices; round trip baggage handling; all room & meal taxes & gratuities; deluxe, lavatory-equipped, climate-controlled motor coach transportation; & a Christmas Gift. Cost: \$379 per person double, \$359 triple, & \$499 single.

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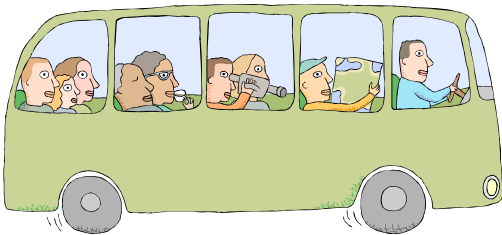
There have been some office changes at the center. The Trips/Event office is now the first door on your left in the office hallway.

The Veteran's offices are now located at the end of the hall and should be reached from the second hallway door.

See reception.



Puzzle page 14



October tickets on sale Sept 30th

Thursday ... 1st ... Deerfield Fair (senior discount)
 Monday ... 5th ... Topsfield Fair (senior discount)
 Thursday ... 15th ... Frugal Fannies
 Monday ... 19th ... Haunted Happenings in Salem MA
 Monday ... 26th ... Quincy Market, Boston, MA
 Thursday ... 29th ... Christmas Tree & Grand Buffet

Limit (4) four tickets per person per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

Roger's \$5.00 Trips

Ages 60 to 101.

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

November tickets on sale October 30th

Monday ... 2nd ... Wrentham Outlets
 Friday ... 6th ... Quincy Market
 Monday ... 9th ... Christmas Tree & Weathervane
 Tuesday ... 17th ... Hungry Traveler & Tom's Discount
 Monday ... 23rd ... Grand Buffet & Christmas Tree
 Monday ... 30th ... Frugal Fannies

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

AARP Foundation Tax-Aide Seeks Volunteers

AARP Foundation Tax-Aide, the nation's largest free, volunteer-run tax preparation and assistance service is seeking volunteers to prepare and file 2015 tax returns for Dracut taxpayers. AARP Tax-Aide volunteers do not need to be an AARP member or a retiree to participate.

In addition to the Dracut Library and Dracut Senior Center, AARP volunteers also work at senior centers and libraries in Chelmsford, Westford, Tyngsboro, Lowell, Billerica and Tewksbury.

Tax law and software training is provided. You should be comfortable with using computers. It is also helpful, but not required, if you've been doing taxes for your family using tax software.

For more information on how you can join the AARP Foundation Tax -Aide team, call Harry or Joan at 978-256-4601.

www.Disability.gov Guides to Information & Resources

Get Answers to Your Questions about Disability Benefits, Housing Assistance, Long-Term Care and Much More. Disability.gov links to more than 10,000 national, state and local resources. That's a lot of information, which is why we developed a series of guides on the topics you have told us are most important to you.

Whether you're looking for information about disability benefits, housing assistance, job training programs or financial help for families with low incomes, this is a good place to start. Choose from among 14 guides that cover everything from home health care to programs for caregivers to assistive technology and much more. Each guide begins with a series of "quick links" that answer many frequently asked questions.

The guides also connect you to information about organizations

near you that offer programs and services that promote the inclusion and full participation of people with disabilities in their communities.

Medicare 2016 Presentation

October 19
at 11:00 am
with SHINE councilor
Joan Gong

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JOHN DOE			
MEDICARE CLAIM NUMBER 000-00-0000-A		SEX MALE	
IS ENTITLED TO HOSPITAL (PART A)		EFFECTIVE DATE 01-01-2007	
MEDICAL (PART B)		01-01-2007	
SIGN HERE →			

MEDICARE OPEN ENROLLMENT – Oct. 15 - Dec. 17 If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September outlining changes to be made for 2016. It is important to review, understand and save this information. During Medicare Open Enrollment (Oct. 15-Dec. 17), you will be able to change your plan for next year. If you need help understanding upcoming changes and your options, a trained SHINE counselor can help. Call 978-692-5523 for an appointment for free and confidential counseling on all Medicare and related health insurance programs.



YARN DONATION

The Ladies of the Knitting & Crochet Group are in need of soft, quality yarn to continue making hats for the needy school children & newborn babies and LGH.

THANK YOU

Doctor's, Nurse's & MORE

Blood Pressure & weight check:

Circle Home, Inc. (LVNA)

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

Albert Gauthier RN

Wednesdays ... 9:30—11:30 am

Commonwealth Nursing

1st & 4th Tuesdays ... 10:00 am—12:00 pm

Dr. Gregory McNamara—Killer Feet

—1st Friday of every month ONLY IF 5 or more people sign-up before the 1st Friday of that month. 1st come 1st served. 8-10 am

Dr. George Potamitis from Pro-Rehab

—Question and Answer sessions every Wednesday from 10:00—11:00 am

Affordable Hearing with Christopher Streeter

—Hearing Testing, Hearing Instrument Testing. 4th Wednesday of each Month from 9—11 am in Board Room. Please call 978-674-1172 for appointment.

Diabetic Shoes with Steven Carrucci

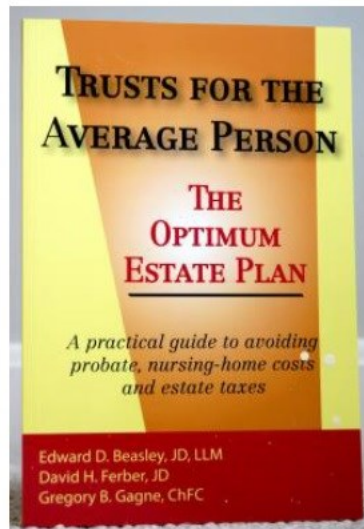
2nd Tuesday of each month, please call 1-978-758-5378.

Beasley & Ferber Free Estate-planning Seminar

Thursday, October 8th, 2015

from 1:00—3:00 pm

"At this free legal seminar, Elder Law Attorney Edward "Ted" Beasley will discuss how to protect your house and lifetime of savings from a prolonged nursing-home stay, how to avoid probate, plus strategies for passing assets safely and efficiently. Attorney Beasley, former chairman of the American Bar Association Elder Law Committee, presents this lively and engaging seminar in everyday language, and there will be plenty of time for questions. Special guest Gregory Gagne of Affinity Investment Group will present his top financial planning tips. Join us Thursday, Oct. 8th at the Lowell Senior Center from 1:00 -3:00 p.m. Please call 1-800-370-5010 to register for this FREE program.



Receive a free copy of our book!

Co-Author **Gregory Gagne** will offer his top financial planning tips.

Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

(I like to end 5 minutes early so we are out the door in one hour!)



YOGA

with Diana Kyricos

Wednesdays 10-11 am
\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

www.atmamoves.com

Diana@atmamoves.com



Mah-Jong

Mondays

12:00—3:00 pm

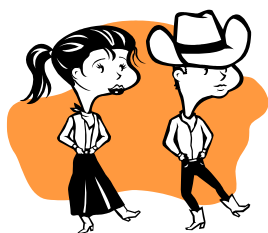


Please join

Representative
Thomas A. Golden, Jr.
and
AT&T

Country Line Dancing

with Marcella Groulx



Tuesdays
10:00 am—
12:00 pm

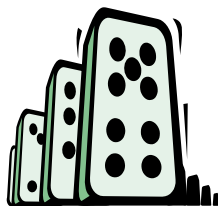
\$5.00

On Monday, October 19th
From 12:00 p.m. – 1:00 p.m.
At the Lowell Senior Center
276 Broadway Street

Dominoes

If you are inter-
ested, please see
Charlotte Landry

Tuesdays
9:00—11:00 am



For a presentation called:

“Going Mobile: Tablet 101 Workshop”

Staff will be on-hand to answer questions about
your smart-device. Bring your tablets and/or
smartphones and any questions you may
have! Cookies will be served.

Hawaiian Hula Dance Lessons

with Kim Stevens



Mondays
10:00 am

Good for joints
And FUN!

devices don't have to be AT&T devices

**Quilting
Lessons**

Newcomers' wel-
come!

Wednesdays
12:30—3:00 pm

**TAI CHI**

Tuesdays 10:15 am & Fridays 10:00 am
8 weeks for \$24 or walk-ins \$5 per class

Helps with: Arthritis, strengthening the Im-
mune system, High Blood Pressure, and
Osteoporosis! Acupressure Points also
taught: for headaches, stress, upset stomach
& more!

**Knitting
&
Crochet
Group**

Tuesdays
12:00—3:00 pm

Newcomers'
welcome!



CTI News

FUEL ASSISTANCE: For those who received fuel assistance last year, recertification applications are mailed directly to recipients by CTI. Please complete and return these sooner than later, as applications are processed in the order in which they are received. If you need help, call Alison at 978-399-2325 or Annette at 978-399-2326. New applicant appointments begin in November at the Senior Center. If you are interested in applying for fuel assistance for this heating season, call Alison at 978-399-2325. If you are a new applicant with a termination notice on a gas or electric bill, please call CTI at 978-459-6161. They will schedule an appointment to avoid termination of utilities.

HOUSEHOLD MAXIMUM GROSS SIZE IN-COME Person was homeless --- Person was homeless --- was in VA hospital and is currently with VA and have now got an apt in Lowell Housing was in VA hospital and is currently with VA and have now got an apt in Lowell

1	\$33,126
2	\$43,319
3	\$53,511
4	\$63,704

HOLIDAY BASKETS: Donations are needed for the upcoming program providing food baskets during the holidays. For information, call Katie at 978-399-2330. Person was homeless --- was in VA hospital and is currently with VA and have now got an apt in Lowell Housing



Employees Karl Correa & Roger Fortin perform their duties.

Card Making Class

First come, first served basis.
RSVP to reserve your spot.
See Tara.

Wednesday, October 21
9:30 am



YOGA for VETs

with Diana Kyricos
Wednesday's

11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant and they do not use drugs.

And I don't have acne.

Life is great.

B - I - N - G - O

Every Wednesday

12:00—3:00 pm

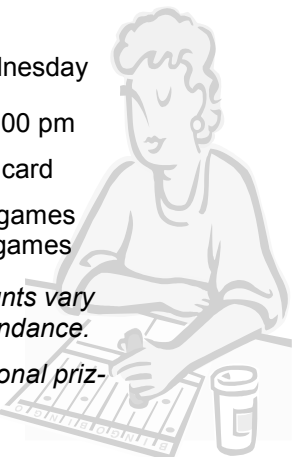
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary
due to attendance.

PLUS additional prizes!



PLANNING AHEAD for the Upcoming Flu Season 2015-2016

*Free
City of Lowell
Retirees*

Influenza, often called the flu, is easily passed from person to person through coughing and sneezing or through contact with fluids from an infected person's mouth or nose.

Plan to get vaccinated with the flu vaccination every year.



Action:

**SAVE THE
DATE**



Come to Lowell City Hall to get your *free* flu shot.

Mark your calendar: (Thurs) October 8, 2015 1:00pm to 5:00pm

**Lowell City Hall-Mayor's Reception Room
375 Merrimack Street
Lowell**

For more information, call: 978-674-4308

Please bring ALL insurance cards.

UMASS Lowell Nursing Students Community Health Project

Blood Pressure Screening & Education

Thursday, October 8 from 10:00 am—12:00 noon

Please drop by to have your blood pressure checked, and ask our nurses any related questions! We are also giving away a small gift.

Anxiety Support Group

with Steve Coupe

Fridays

2:00—3:45 pm

PANIC!

Fallon Navicare In- formation Table

Wednesday October 14, 2015

10am-12pm

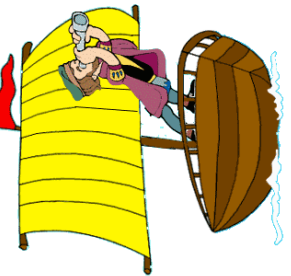
This meeting is to educate existing Fallon members to learn more about upcoming changes for 1/1/16

Monday October 19, 2015

10am-12pm

Representatives from the Fallon's Navicare program will be available to answer any questions that you may have about these products. Whether you are a current member or someone needing coverage- stop by and learn more!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>October</h1>				
5. 7-9 Breakfast Program 50¢ 8:30-10:30-SHINE councilor 8:30 CTI Bone Builders A 9:00 Getting Fit w/Marian 10:00 Hula Dancing w/ Kim 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4 MAH-JONG 12-2 Narcan training- courtesy of Lowell FD 1:00 Choral Group Rehearsal 1:45 CTI Bone Builders B	6. 7-9 Breakfast Program 50¢ 10-12 LPD drop-in 10:15-11 Tai Chi 10-12 Commonwealth Nursing 10-12 Country Line Dancing 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3 Knitting & Crochet	7. 7-9 Breakfast Program 50¢ 8:30 Getting Fit w/Marian \$2 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 10-11 Yoga for Seniors \$5 11:15-12 Yoga for Vets \$5 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting	8. 7-9 Breakfast Program 50¢ 9:00 Getting Fit w/Marian 10:00 AA Info meeting 10-12 LCHC Blood pressure screening- 11:30 Lunch (see menu) \$2 12-3:45 Cards: 45's & Whist 1-3 Ferber & Beasley attorney seminar 1:45 CTI Bone Builders B	9. 7-9 Breakfast Program 50¢ 9:00 Veterans Breakfast 9:15 Lowell Fire Dept. Fire Safety seminar 9:30 Personal Computer/ Tablet Assistance 10:00 Tai Chi 11:30-3:45 Poker 11:30 Lunch (see menu) \$2 11:45 Wii Games NO Senior Social NO Anxiety Support Group with Steve Coupe
12. CLOSED <i>On Columbus Day, head straight for a great time!</i> 	13. 7-9 Breakfast Program 50¢ 8-10 LVNA Blood Pressure 8:00 CTI meeting 9-COA BOARD MEETING NO Country Line Dancing 10-12 LPD drop-in 10:15-11 Tai Chi 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3 Knitting & Crochet	14. 7-9 Breakfast Program 50¢ 8:30 Getting Fit w/Marian 8:30 CTI Bone Builders A 9:30 Card-making Class 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 10-11 Yoga for Seniors 10-12 Fallon Info meeting 11:15-12 Yoga for Vets 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting	15. 7-9 Breakfast Program 50¢ 9:00 Getting Fit w/Marian 10:00 AA Info meeting 11:30 Lunch (see menu) \$2 12-3:45 Cards: 45's & Whist 1-3 United Healthcare Member Appreciation Event 1:45 CTI Bone Builders B	16. 7-9 Breakfast Program 50¢ 9:30 Personal Computer/ Tablet Assistance 10:00 Tai Chi 11:30 Lunch (see menu) \$2 11:30-3:45 Poker 11:45 Wii Games 10-3 Dinner Dance \$7.00 Pot Roast-DJ Ray Tremblay 2-3:45 Anxiety Support Group with Steve Coupe
19	20	21	22	23

<p>20. 7-9 Breakfast Program 50¢ 10-12 LPD drop-in 10-12:30 LVNA Blood Pressure 10-12 Country Line Dancing 10:15-11 Tai Chi 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3 Knitting & Crochet</p>	<p>21. 7-9 Breakfast Program 50¢ 8:30 Getting Fit w/Marian 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 10-11 Yoga for Seniors 11:15-12 Yoga for Vets 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting</p>	<p>22. 7-9 Breakfast Program 50¢ 9:00 Getting Fit w/Marian 10:00 AA Info meeting 11:30 Lunch (see menu) 12-3:45 Cards: 45's & Whist 1:45 CTI Bone Builders B</p>	<p>23. 7-9 Breakfast Program 50¢ 9:30 Personal Computer/ Tablet Assistance 10:00 Tai Chi 11:30 Lunch (see menu) \$2 11:30-3:45 Poker 11:45 Wii Games 1-3 FREE Ice Cream Senior Social sponsored by Pauline Soucy in memory of Roger Soucy 2-3:45 Anxiety Support Group with Steve Coupe</p>
<p>26. 7-9 Breakfast Program 50¢ 8:30-10:30-SHINE councilor 8:30 CTI Bone Builders A 9:00 Getting Fit w/Marian 10:00 Hula Dancing w/ Kim 10-12 Fallon Info mtg. 11:00 SHINE 2016 Medicare Info with Joan Gong (brd rm) 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4 MAH-JONG 12-1 AT&T Tech Ed event 1:00 Choral Group Rehearsal 1:45 CTI Bone Builders B</p>	<p>27. 7-9 Breakfast Program 50¢ 10-12 LPD drop-in 10-12 Commonwealth Nursing 10-12 Country Line Dancing 10:15-11 Tai Chi 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3 Brown Bag Pick Up 12-3 Knitting & Crochet</p>	<p>28. 7-9 Breakfast Program 50¢ 8:30 Getting Fit w/Marian 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 10-11 Yoga for Seniors 11:15-12 Yoga for Vets 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting</p>	<p>29. 7-9 Breakfast Program 50¢ 9:00 Getting Fit w/Marian 10:00 AA Info meeting 11:30 Lunch (see menu) 12-3:45 Cards: 45's & Whist 1:45 CTI Bone Builders B</p>
<p>26. 7-9 Breakfast Program 50¢ 8:30-10:30-SHINE councilor 8:30 CTI Bone Builders A 9:00 Getting Fit w/Marian 10:00 Hula Dancing w/ Kim 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4 MAH-JONG 1:00 Choral Group Rehearsal 1:45 CTI Bone Builders B</p>	<p>27. 7-9 Breakfast Program 50¢ 10-12 LPD drop-in 10-12 Commonwealth Nursing 10-12 Country Line Dancing 10:15-11 Tai Chi 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3:45 Cribbage 12-3 Brown Bag Pick Up 12-3 Knitting & Crochet</p>	<p>28. 7-9 Breakfast Program 50¢ 8:30 Getting Fit w/Marian 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 10-11 Yoga for Seniors 11:15-12 Yoga for Vets 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting</p>	<p>30. 7-9 Breakfast Program 50¢ 9:30 Personal Computer/ Tablet Assistance 9:30 Friends meeting 10:00 Tai Chi 11:30 Lunch (see menu) \$2 11:30-3:45 Poker 11:45 Wii Games 1-3 Senior Social \$1.00 2-3:45 Anxiety Support Group with Steve Coupe</p>

SponSors



Lunch Menu



Lunch is served at 11:30 am. A donation of \$2.00. Menu subject to change.

Lunch Tickets are available daily until 10:30 am. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Stuffed Cabbage, corn, wheat bread, apricots	2. Fish Cakes, baked potato, peas, wheat bread, peaches	3. Pork Pie, mixed veggies, wheat bread, pears
4. Roast Turkey, mashed potato, peas, wheat bread, oranges	5. Sweet 'n Sour, meatballs, pasta, green beans, wheat bread, fruit salad	6. Stuffed Shells, green beans, wheat bread, fresh fruit	7. Chicken Legs, winter blend veggies, potato, wheat bread, pears	8. Hot Dogs & Beans, hot dog roll, coleslaw, juice, pudding	9. Fish Squares, potato, wax beans, wheat bread, juice, cookie	10. Chicken Patties, potato, peas, wheat bread, apricots
11. Baked Ham, sweet potato, peas, wheat bread, peaches	12. CLOSED COLUMBUS DAY	13. Pork Chops, creole sauce, potato, carrots, wheat bread, fruit cup	14. Salisbury Steak, mashed potatoes, green beans, wheat bread, apples	15. Liver & Onions, potatoes, corn, wheat bread, apricots	16. DINNER DANCE POT ROAST	17. Hamburger Patties, potatoes, peas, rye bread, peaches
18. Roast Pork, potatoes, wax beans, wheat bread, fruit	19. American Chopped Suey, beets, garlic bread, pineapples	20. Chicken Dippers, rice, carrots, wheat bread, pears	21. BBQ Beef Ribs, potato, carrots, wheat bread, apricots	22. Vegetable Lasagna, green beans, garlic bread, juice, pudding	23. Fish Sticks, French fries, spinach, wheat bread, fresh fruit	24. Stuffed Peppers, corn, wheat bread, juice, cake
25. Roast Beef, potatoes, green beans, wheat bread, apricots	26. Sheppard's Pie, beets, wheat bread, juice, pears	27. Cheese Ravioli, spinach, wheat bread, peaches	28. Chicken, mashed potatoes, peas, wheat bread, pineapples	29. Veal Patties, potatoes, broccoli, wheat bread, juice, pudding	30. Pollock, mashed potatoes, wax beans, wheat bread, apricots	31. Chicken Fajita strips, rice, carrots, wheat bread, mixed fruit

Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You **MUST** call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

Grocery Trips to Market Basket

Tuesdays and Fridays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Monday through Friday from 9:00 am to 3:00 pm to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.

SENIOR RESOURCE FAIR



Please Join Us!

Educating and Connecting through Community Resources

WHEN: Tuesday November 24th, 2015

TIME: 9:00am to 12:00 noon

WHERE: 276 Broadway Street

**For more information please contact Elaine Melanson at
emelanson@elementcare.org**

Raffles, give-a-ways, refreshments and more!



Element Care

**Lowell Senior
Center**

Kraft Family Blood Donor Center with Dana-Farber Cancer Institute &
Brigham and Woman's Hospital

BLOOD DRIVE

Tuesday, November 24

Blood Mobile available 8:00 am to 2:00 pm

For more info, call: 1-888-LETS-GIV

Be a Hero. Save Lives. Give Blood.

You must be at least 17 years old, 110 pounds or heavier, & in good health. You must NOT be pregnant, or trying to become pregnant, have had a tattoo in the last 12 months, have had a dental procedure (including a cleaning) within 48 hours of donation, or felt sick within 72 hours of donation.

Tufts Medicare Preferred Information Table

Check back for the next
date & time!

Are you a current member looking
to check on your benefits? OR are
you looking for new plan choices?

Ask Gerald!

Personal Computer/ Tablet Assistance

with Pierre & Don

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday
of the Month by appointment



CTI Bone Builders Class

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

OPENINGS AVAILABLE!

See Calendar for dates & times

Call 978-674-1172 to register

Doctor's approval REQUIRED

PUZZLES & MORE...

Venison for dinner again? Oh deer!

A cartoonist was found dead in his home. Details are sketchy.

I used to be a banker, but then I lost interest.

Haunted French pancakes give me the crepes.

England has no kidney bank, but it does have a Liverpool .

I tried to catch some fog, but I mist.

They told me I had type-A blood, but it was a Type-O.

I changed my iPod's name to Titanic. It's syncing now.

Jokes about German sausages are the wurst.

I know a guy who's addicted to brake fluid, but he says he can stop any time.

I stayed up all night to see where the sun went, and then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

When chemists die, apparently they barium.

I'm reading a book about anti-gravity. I just can't put it down.

I did a theatrical performance about puns. It was a play on words.

Cars

Find the words in this grid. Words can go horizontal, vertical and diagonal.

Y	L	P	Z	J	T	F	R	D	F	N	E	E	C
C	R	E	T	S	D	A	O	R	M	H	L	R	M
N	O	P	O	T	D	R	A	H	Z	E	I	A	I
L	C	N	X	K	T	Z	M	Z	C	S	B	C	N
J	O	F	V	O	C	T	L	T	L	R	O	S	I
H	U	L	H	E	V	A	R	T	R	A	M	T	V
N	P	D	I	U	R	I	B	A	Q	E	O	R	A
W	E	K	S	M	C	T	G	H	Y	H	T	O	N
T	A	X	I	C	O	T	I	G	C	G	U	P	Z
R	Q	M	A	P	O	U	G	B	L	T	A	S	T
F	V	R	D	P	T	U	S	P	L	P	A	K	Q
C	T	R	L	L	B	V	H	I	N	E	K	H	R
C	O	M	P	A	C	T	A	W	N	K	M	X	G
J	E	E	P	N	T	K	K	N	F	E	V	L	Z

AUTOMOBILE

BUGGY

COMPACT

CONVERTIBLE

COUPE

ELECTRIC CAR

HARD TOP

HATCHBACK

HEARSE

HOT ROD

JEEP

LIMOUSINE

MINIVAN

RAGTOP

ROADSTER

RV

SPORTS CAR

SUV

TAXI

VAN

Answers page 4



Summer Volunteers Caitlyn & Amara with our receptionist Tara. The young ladies did a wonderful job during their term at the center.

Thank you!

Free Naloxone (Narcan) Training

Training Overview



Naloxone can temporarily reverse an opioid overdose. It can last from 30-90 minutes providing time for the individual to receive medical care.

Supplies are limited

This program will train participants on how to prevent and recognize an opioid overdose, and what to do if one occurs.

It also covers the importance of calling 911, how to perform rescue breathing, and how to administer intranasal narcan

October 5th 12PM-1:30PM



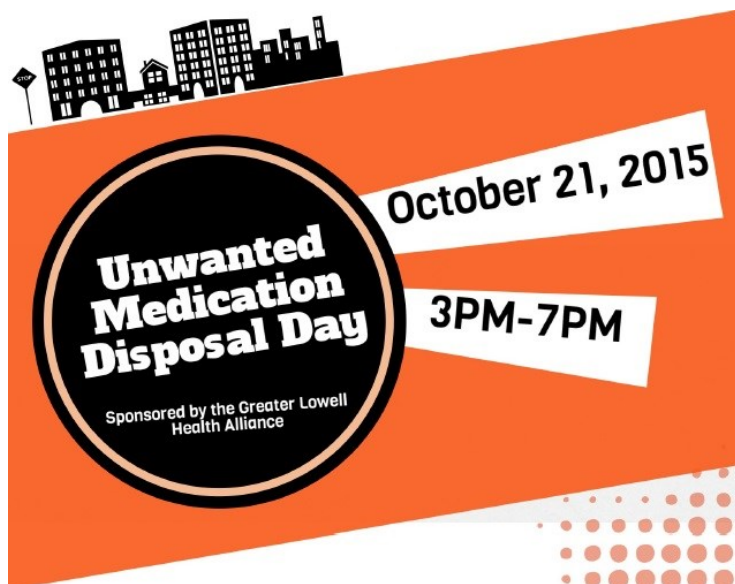
Training Provided by Lowell House INC.
555 Merrimack St. Lowell, MA 01854
978-459-8656

Lowell Senior Center

276 Broadway Street
Lowell, MA 01854

Contact

Peter Saing
psaing@lowellma.gov
978-674-1064



Lowell Health Department
341 Pine Street, Lowell, MA 01851

- ★ No Commercial Disposals
- ★ Remove All Information From Prescription Bottles
- ★ Sharps Must Be in a Puncture Proof Sealed Container



For More Information Contact Us
at 978-674-4304



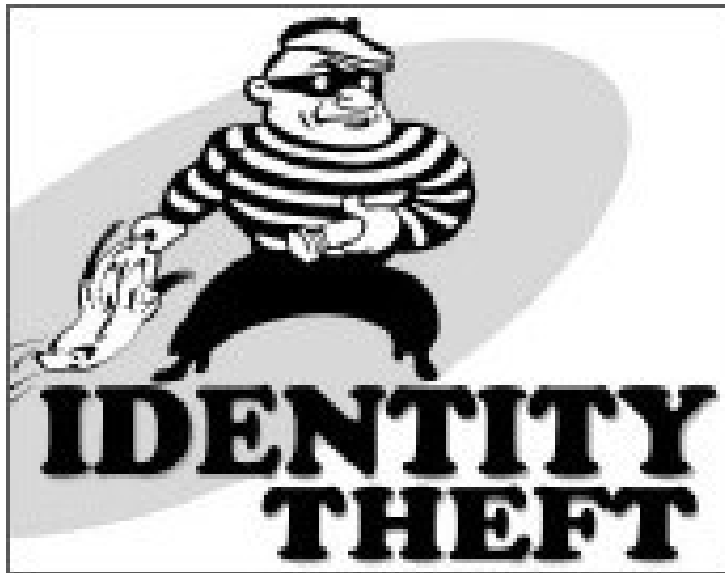
DJ Joey B-bop & Little B-bop as the King of Rock & Roll, Elvis.



Cyber Criminals - How They Steal Your Identity and Your Money

By Dave Waterson

Dave Waterson is the CEO of data security company SentryBay, makers of DataMask. Cyber criminals have learned that it is easier, less risky, and more rewarding to steal money through identity theft than it is to conduct more traditional crime such as an armed hold-up of a bank. Internet users should be acutely aware of the real dangers from cyber criminals that lurk when you open innocent-looking emails, conduct online banking, shop online, or even access social media networks.



What is identity theft? Identity theft is the stealing of personal information that enables cyber criminals to impersonate someone else. The more personal the information a cyber criminal collects on their victim, the more susceptible the victim is to the criminal stealing their money. How do cyber criminals steal your identity? A simple email address may be where the cyber-criminal starts. Armed with your email address, a cyber-criminal will send you a phishing email that lures you to a phishing site where you may enter more personal information such as your name and bank account or credit card details.

A cybercriminal can add to the personal information he or she has on a victim by researching the victim online, e.g., visiting their Facebook page, LinkedIn site, or searching Google. If the cybercriminal has infiltrated the victim's PC with malware, they are able to ob-

tain more personal information such as login usernames and passwords, credit card numbers, date of birth, etc. The more information the criminal is able to gather--including a social security number, phone number, or address -- all adds to the value of the information and the likelihood that the cybercriminal will succeed in impersonating the victim online and drain the victim's bank account of money, use his or her personal credit card, obtain a fraudulent identity card, or any number of other criminal acts.

Cyber criminals trade personal information amongst each other in order to build up a more complete digital profile of individuals. The more complete the profile the more valuable the information becomes. Once a cyber criminal has possession of your digital identity, he can do anything you can do online. There is a specialization of tasks within organized crime gangs. There are those who gather the data, others who develop the malware, keyloggers and phishing sites, botnet controllers who assist with distribution, traders of stolen identities, mules and gang bosses. These criminals offer others in their gang data or specialized tasks, and are cogs in a well-organized network.

How do cyber criminals convert identity data into money? The personal information that is stolen can be used to purchase goods online, open bank accounts, borrow money, or transfer money out of a compromised bank account.

How can you protect yourself from identity thieves? Cyber crime is big business, conducted by organized criminal gangs. Internet users need to take sensible precautions.

1. Be extra careful when clicking on links within emails.
2. Be careful about entering sensitive personal information online such as when logging into the bank, and also when posting information on social networking sites.
3. Ensure that you have basic anti-virus protection software on your PC.
4. Ensure that your PC is protected with additional data protection software such as AOL DataMask, provided by SentryBay, which safeguards against key logging, phishing, screen captures, etc.
5. Check your bank statement regularly for any unauthorized payments.

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Lowell, MA 01854

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Free Showing Courtesy of Showcase Cinemas Lawrence 7-14
6 Chickering St Lawrence MA, 01843

IF ONLY

Thursday October 1, 2015 6:00PM to 7:00PM
Doors open at 5:30

A Documentary created with families
from the Merrimack Valley



**Mark Wahlberg
Youth Foundation**



VENUE

**Lawrence
Showcase
Cinemas**

6079499



**The Opioid Epidemic has no boundaries.
It CAN happen to your family!**

**90% of addiction begins in the teen years.
Prescription drugs are now the most commonly abused drugs
among 12 to 13 year olds. ***

